

### ABSTRACT

A method for forming an ink-jet image, comprising the steps of:

(a) ejecting droplets of an ink through ink-nozzles of an ink-jet head of an ink-jet recording apparatus, the ink-jet recording apparatus being provided with a driving signal generator producing: (i) an expansion pulse which expands a volume of the ink chamber by deforming the actuator contained in the dividing wall of the ink chamber; (ii) a shrinkage pulse which compresses the volume of the ink chamber by deforming the actuator; and (iii) a predetermined quiescent period between the expansion pulse and the shrinkage pulse, the quiescent period being regulated so as to decrease the cross talk among the ink chambers adjacent to each other,

(b) hardening the droplets of the ink ejected on the recording media via irradiation of an actinic ray,

wherein the ink contains a radical polymerization monomer and a radical initiator.